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Debunking Medical Myths: Saw Palmetto Helps Prevent Prostate Cancer

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MEDICAL MYTH: SAW PALMETTO HELPS PREVENT PROSTATE CANCER

ORANGE 29: CLEVELAND C, DEBNATH D, KRAYEM R, MAIXNER J, MUSTAFA Z, RAGHAVAN D

TAKING SAW PALMETTO, AN HERBAL PROSTATE SUPPLEMENT, DOES NOT PREVENT CANCER.

In fact, studies have found that it doesn’t have much to do with prostate cancer at all.1-3


Saw palmetto won’t prevent cancer, but that doesn’t mean it can’t help with other things. Some studies found that saw palmetto was better at improving BPH symptoms than a placebo.4 However, saw palmetto can have side effects.5 Always do your research before starting any kind of supplement.

"BUT I’VE HEARD GREAT THINGS ABOUT IT!"

Saw palmetto won’t prevent cancer, but that doesn’t mean it can’t help with other things. Some studies found that saw palmetto was better at improving BPH symptoms than a placebo. However, saw palmetto can have side effects. Always do your research before starting any kind of supplement.

TALK TO YOUR DOCTOR.

PSA screening is not for everyone. If you’re worried about prostate cancer, talk to your doctor about your concerns. It’s important to discuss the risks and benefits of PSA screening and decide together if it’s right for you.

Sources: